



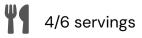


# **Californian Sweet Potato Salad**

A colourful plant-based salad of roasted sweet potato and carrot, massaged kale, creamy avocado, and edamame beans, finished with cranberries, pecans, and a tangy harvest dressing for a fresh and wholesome meal.







# Bulk it up!

To bulk up this dish, add roasted chickpeas, pepitas, or capsicum, fresh cherry tomatoes or cucumber.

#### **FROM YOUR BOX**

	4 PERSON	6 PERSON
SWEET POTATOES	1kg	1.5kg
CARROTS	2	3
GARLIC CLOVES	2	2
LEMON	1	1
HARVEST DRESSING	2x 100g	2x 100g
KALE	1 bunch	1 bunch
EDAMAME BEANS	2x 125g	3x 125g
AVOCADOS	2	3
CRANBERRY & PECAN MIX	2x 100g	2x 100g

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground coriander

#### **KEY UTENSILS**

oven tray

#### **NOTES**

Add a drizzle of balsamic glaze or pomegranate molasses to the roasted vegetables for a flavour punch.





#### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice **potato** and chop **carrot**. Toss on a line oven tray with **oil**, **3 tsp coriander**, **salt and pepper**. Roast for 25–30 minutes until tender.

6P - 1 tbsp coriander.



# 2. MAKE THE KALE DRESSING

Crush garlic and zest lemon. Add to a large bowl along with juice from 1/2 lemon (reserve remaining), 1 tbsp harvest dressing, 2 tbsp olive oil, salt and pepper.



## 3. MASSAGE THE KALE

Roughly chop **kale** and add to bowl. Massage **kale** into the dressing for 1-2 minutes to tenderise the **kale**.



### 4. LOOSEN THE DRESSING

Add remaining **harvest dressing** to a bowl along with **3 tsp water**. Whisk to loosen dressing.

6P - add 1 tbsp water.



# **5. PREPARE THE INGREDIENTS**

Drain edamame beans, slice avocados, and roughly chop cranberry and pecan mix. Wedge remaining lemon.



#### 6. FINISH AND SERVE

Divide kale among shallow bowls. Top with roasted vegetables (see notes), edamame beans, avocado and cranberry and pecan mix. Serve with lemon wedges and drizzle over harvest dressing.

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